

WHAT IS CLAIMED IS:

1. A board holding device for practicing a martial art, said system comprising:

a framework containing a plurality of vertical rails, wherein said vertical rails define sides of at least two striking planes; and

connectors disposed along each of said vertical rails for selectively joining striking boards to said vertical rails at any point along said vertical rails.

2. The device according to Claim 1, wherein said at least two striking planes are not parallel.

3. The device according to Claim 1, wherein said vertical rails define at least three non-parallel striking planes.

4. The device according to Claim 1, further including a catch partition suspended between said vertical rails within said framework across each of said striking planes.

5. The device according to Claim 1, wherein said vertical rails have inside edges that face into said framework and outside edges that face out of said framework, wherein said connectors are disposed on both said inside edges and said outside edges.

6. The device according to Claim 1, wherein said connectors include hook and loop material.

7. A system for practicing martial arts, comprising:

a plurality of striking targets, each of said striking targets having a predetermined length, a front surface and a rear surface;

at least two parallel vertical rails that define at least one striking plane; and

connectors disposed along said vertical rails and said striking targets for selectively joining striking targets to said vertical rails at any point along said vertical rails.

8. The system according to Claim 7, wherein said striking targets are selected from a group consisting of wooden boards and reusable plastic striking boards.

9. The system according to Claim 7, wherein at least four vertical rails are provided that define at least three non-parallel striking planes.

10. The system according to Claim 9, wherein each of said striking planes has a width slightly smaller than said predetermined length of said striking targets.

11. The system according to Claim 7, further including a catch partition suspended between said vertical rails behind each of said striking planes.

12. The system according to Claim 7, wherein said connectors are selected from a group consisting of snaps, hooks, pegs and hook and loop material.

13. A method of mounting striking targets for practicing martial arts, said method comprising the steps of:

providing a plurality of vertical rails, wherein said vertical rails define sides of at least two non-parallel striking planes;

providing a plurality of striking targets;

selectively suspending at least some of said striking targets across at least one of said striking planes between said sides.

14. The method according to Claim 13, wherein said plurality of vertical rails all have a length of at least six feet and said step of suspending at least some of said striking targets includes selectively attaching said striking targets to said vertical rails at different points along the length of said vertical rails.

15. The method according to Claim 13, wherein said step of providing a plurality of vertical rails includes providing a framework of four vertical rails that define three striking planes.

16. The method according to Claim 13, wherein said step of selectively suspending at least some of said striking targets includes selectively joining said striking targets to said vertical rails with hook and loop connectors.